

# UNITY DAILY WORD

*A Page of Sunshine for Every Day*



Truth Happiness

*Revealing the way to*  
**HEALTH, HAPPINESS and PLENTY**

December, 1935

\$1.00  
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## AFFIRMATIONS USED BY SOCIETY OF SILENT UNITY

November 20 to December 19

*I am one with omnipresent Spirit light and illumination, and I know the way.*

*Jesus Christ is now here quickening me with the healing power of Spirit, and I am restored to health and wholeness.*

*The opulence of God in Christ enriches my mind and radiates its splendor into all my affairs.*

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DECEMBER  
1935

## UNITY DAILY WORD

A little companion that daily directs your steps to the sun-tipped heights in whose glory you shall behold yourself as a son of God; for such you are.

Nonsectarian. Published monthly.

F. B. WHITNEY, *Editor*

Editorial suggestions and comments may be addressed to Editor of **UNITY DAILY WORD**, % Unity School of Christianity, 917 Tracy Avenue, Kansas City, Mo.

### BE LOYAL TO GOD—PRINCIPLE

Just as we become hopelessly entangled in a mathematical problem when we fail to work with the rule, so we plunge our life into confusion when we think and act in opposition to spiritual principle.

—Richard Lynch; *Usable Truth*.

## MY CHRISTMAS GIFT TO YOU

I give to you a Christmas gift

Unseen to mortal eye,

Because my gift 's a holy thing

Some men would pass it by.

I give my blessing rich and fine,

For Christ has blessed me well,

A gift not tawdry, cheap, or plain

That men can buy and sell.

I now pass on to you, my friend,

My Christmas blessing rare,

And through my gift He blesses you—

His gift is rich and fair.

I give to you my Christmas gift,

A gift that Christ holds dear:

On every day His blessing feel

Throughout this coming year.

## THE GREAT PURIFICATION

HAVE YOU not longed to have some new influence or power come into your life whereby you might be purified and relieved of old accumulated thoughts that seem to change you into something foreign to what in your heart of hearts you know yourself to be in Truth? Many, many persons tell us how they would like to recover a certain lost sense of mastery that has become buried beneath dark and heavy thoughts which have become burdensome to them.

In the great purification, the Spirit of Christ so broods over our soul, so envelops us, so speaks to our own spirit that we come out of the experience feeling that we have been relieved of every adverse and heavy thought. The wings of our soul seem to have had heavy clamps removed from them and we feel like soaring to high heaven. We experience something of the spiritual ecstasy known to Christian mystics and sages.

The first step in this process of purification must be our willingness to let go of adverse thoughts. We must be willing to give up every thought contrary to Christ. We must relinquish every unholy desire. We must desire above all else that we have Christ to the exclusion of evil and sinful thoughts. We can readily see that back of all this must be the sincere desire to want to be purified.

Some persons recall having had some spiritually minded individual bless them and bring into their life a feeling of absolute purification. The person who gave the blessing simply shared with them his own consciousness of cleansing through Spirit. They participated for a time in his realization of freedom from heavy and binding thoughts. They enjoyed with him a glimpse of heaven.

The restless person needs to have his mind cleansed of the thought that disturbs his rest. The evil-minded needs to have the belief in evil cleared from his mind. The diseased individual must be purified of his belief in disease in order to be purified in his body. The unloving person must be cleansed of the belief that hatred and unkindness can dominate his thought to the exclusion of Christ's love. Very few persons are free from some adverse belief, consequently all need the great purification: to be cleansed and washed in Christ's love, life, and Truth.

Many persons go to some church hoping to get the great purification. Some old churches are so filled with holy thoughts that we catch them and lose sight of our own adverse thoughts. Other persons can go to virgin country where men have not penetrated and there feel a little nearer to Christ. They feel uncontaminated by worldly and adverse thought.

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They seem to think only the high, noble, and purifying thoughts of Christ.

The great purification always leaves the individual feeling as if he had been washed through and through. However, he must return to Christ for purification whenever he feels that mind, soul, and body have been sullied by adverse thinking. He must be willing to stand before Christ divested of every material thought. He must behold his own soul shining in its glory before its Maker.

Some persons look to some special day or season for their purification. There are those who take the last of the old year or the first of the new as a time to try to rid themselves of adverse thoughts and evil habits. Their success depends upon their ability to draw near to Christ. He must be that upon which their entire attention is focused and fixed. They can be assured that their desire for purification will not be denied them. They must believe that through the cleansing power of Christ they can be restored to their pristine state, from which they have never departed in the sight of Christ.

There are those who believe they have committed some sin or folly from which they cannot be purified. This is a big mistake. The only sin in Christianity called unpardonable is that of defiantly resisting the work that Christ would do in us.

## THE WAY OUT

**S**O MANY times we see letters from those who say they live in a regular maze of unfortunate experiences from which there is no possible escape. Almost every way of escape seems to be closed by some insurmountable difficulty. We are reminded of the situation in which the little animal finds himself when he extricates one foot from a trap only to find that another has been caught in it. Human experiences, regardless of their difficulty, usually point to a way out.

One teacher of metaphysics once taught that the louder evil screams the more it betrays itself. The more difficult the situation the easier becomes God's work. The more desperately evil seems to hold fast the sooner must it lose its grip. The most desperate moment in even the most difficult experience but intimates its debacle and doom. Do you not see that when things become the toughest and the hardest and the worst, they tell you that they are at the end of their endurance and must change for the better?

The only way out is that of ceasing to think about things as they appear. Certainly we cannot meet the argument of evil on its own level. We must go higher in consciousness in order to master it. We must become cool and collected so that we can find the way out that we know Christ has provided for us.

One business man who seemed always to special-

ize in getting into difficult situations and out of them once confided that in the face of alarming circumstances he always found some little clew to the solution of his problem. He would look for the humble little loose end of things that he could use to start winding things up. He would find some little angle of things that adversity seemingly had overlooked and by means of this defeat adverse conditions.

Sometimes students become impatient because their study of Truth does not instantly correct and solve their difficulties. They may even threaten to give up Truth. By doing so they would be giving up their only way of escape. There is no other way out. Christ through His Truth and love has given us the only means of defeating evil, sin, adversity, fear, disease, and lack. His way out must be our way.

The way out of fear must be courage in Christ. The way out of disease must be the way of health, the way of Christ. The way out of confusion and unbelief must be the way of faith and order. The way to defeat un-Christliness must be the way of Christliness. There is no way out of the labyrinth of human difficulties but the way of humanity's Savior. The only way for you—whatever you are, wherever you are, whatever your problem—is the way of Christ, the way of Truth and love. Christ's way out is like a one-way street that has no intersections.

## LET CHRIST BE FORMED IN YOU

THE CHRISTMAS SEASON will mean very little to you aside from certain gayeties of feasting and gift-giving if you do not find Christ within yourself. If however at some time during the Christmas season you draw a little closer to Christ and find His mystical presence within you, you will discover the true Christmas.

Look to Christ in Jesus only for the inspiration of finding Christ in yourself. Christ as presented in statue, painting, or poem is not to be the end of your vision of Him. You are to seek and find Him within yourself. The Christmas season is one in which you are especially directed to Christ, but to—Christ within you! You are brought face to face with Christ many times, and each time should direct you to face Christ within yourself.

Let "Christ be formed in you"! Let that in you which is divine be given prominence in your life. Let it come into manifestation as your Christhood. Let the expression of Christ within and through you overcome that in you which is adverse and unworthy. Let the Spirit of Christ become visible in you.

Many persons never think of Christ within themselves. They give little thought to that in them which is divine, high, lovely, ennobling. Their attention is so firmly fixed on working with things of the external world that they fail to establish them-

selves in Christ and let Him come into manifestation and visibility. They do not let Christ be formed in them because their every thought is more or less disintegrating to spiritual life. They appear to others to have little of Christ in them because their thought is far from Christ.

If we would have Christ formed within us, we must give attention to His presence. We must think of Him as definitely located within us. We must realize that whatever of the false ego has existed within us has given way to that which is true and real, the I AM, the Christ. We need to turn often to our indwelling Christ and meditate often upon our own divinity through Him.

The Christmas season challenges us to think Christward. We are directed on every hand to think of Christ. Some will only see Christ represented in the man Jesus. Others will behold the universal and mystical Christ coming into manifestation and visibility in men as its vehicles. They will know that Christ is formed within themselves and all men to the higher glory of God.

Let "Christ be formed in you." No longer form evil and adversity and disease by thinking of these things. No longer let your thought be given to forming that which you do not want in your life. Turn to Christ. Think often of Him. As you:

meditate upon His presence it will expand within you. The ideal is for you to come to that place where you know that He is the only presence and power within and about you.

We approach that place in our spiritual development where we lose all our personal self and only Christ exists within us. John taught: "He must increase, but I must decrease. He that cometh from above is above all." As we decrease in our belief in thought and things contrary to Christ, we increase in the knowledge of His presence and power.

The personal man has been represented as but a husk or shell in which Christ is formed and developed. The individual who does not let Christ be formed in him remains for a long time something akin to a husk or shell. He seems to be soulless. The individual who lets Christ be formed in him finds that the husk or shell of personality drops from him and only Christ remains. All of us need to bring forth the Christ. It is the one big piece of work we are to do and our greatest responsibility. In fact, if we but bring forth the Christ in us, we comply with every command of God.

If you would have Christ formed in you, you will find that you must keep out of mind every thought antagonistic to Christ. You must think Christly thoughts if you expect these to take form.

## A PRAYER

Our Father, who art in the highest and the lowest, the first and the last; Thy name is upon the heavens and the earth, for Thou art all.

Thy kingdom, the sphere of Thy rulership, is within me, seeing which I may enter into the harmony of Thy presence and Thy perfection.

Thy will is the ruling power in the heavens and the earth; therefore it governs me and all my affairs. Thus it is well with me and with all men.

Thou art this day my inexhaustible supply, feeding me with living bread and clothing me with the raiment of Thy righteousness.

Thou hast always given me Thyself for myself, and the power to transcend my nature in receiving Thine.

Thou hast set before me the task of accepting my divinity whereby I am delivered from myself and into Thyself.

For Thou art the kingdom, the power that rules within, and the glory of Thine own creation.

—*E. V. Ingraham.*

## SUNDAY, DECEMBER 1

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*I am free in the consciousness that Christ within me has set me free from all bondage.*

**T**HIS affirmation is to be taken into consciousness and carried with us wherever we go today.

We are to drop from mind all belief in bondage in order to get the clear realization of our freedom. We are to give up every thought of mental or physical slavery that we may entertain the truth of our freedom in Christ. We are to make room for the consciousness of perfect freedom by casting from our mind even the most subtle belief in bondage.

As we hold this thought in mind, we find that many forgotten and subconscious beliefs in bondage come to the surface to be cast out. We discover that the power of Christ within us strengthens us in our freedom. Christ represents freedom to us because His message from heaven is that which delivers us.

We are delivered from bondage to the belief in disease as we perceive our freedom in health through Christ.

*For freedom did Christ set us free: stand fast therefore, and be not entangled again in a yoke of bondage.—GAL. 5:1.*

## MONDAY, DECEMBER 2

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*I am no longer impatient, because Christ in me makes me patient in all situations.*

If YOU are inclined to be impatient with things of the world about you, turn to Christ in the midst of you. No longer view persons and things as having power to disturb you. No longer think of situations of the world as having power to contrive against you or to prevent the action of God, the work of Christ, from taking place. If you have believed that things of the world can delay the work of Christ or thwart His action, increase your trust in Him. Patiently expect His power of salvation to save you from what appears to be disaster. Stand aside and let the work of Christ be done.

When we learn to be patient, we do not diminish our patience at the appearance of something that would seem to work against Christ. In our consciousness of patience we expect our good to appear even in the face of adversity. We find that we can be patient even though many things seem to be conspiring against the work of Christ. We patiently witness His proving to us that He is all in all and that He knows no opposition.

*The patient in spirit is better than the proud in spirit.*  
—ECCLES. 7:8.

## TUESDAY, DECEMBER 3

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*The justice of Christ in the midst of me is now made manifest as my own justice.*

If YOU believe that you have the right to be unjust toward others, if you believe that they are unjust to you, correct your thought through meditating upon the justice of Christ. Know that He dwells within you as the power of perfect justice. When you realize this mighty truth, you cannot be dealt with unjustly, neither can others deal unjustly with you. The consciousness of justice is your protection against all forms of injustice.

The justice of Christ knows nothing of injustice. When we meditate upon Christ as our justice, we are brought into that consciousness in which injustice has no part. We exchange the belief in injustice for the truth of justice. We give up thinking that others have power to deal unjustly with us and think only of the justice of Christ.

If you want to get away from some situation of injustice, cease to think about it. Cease to give it power. Cease to entertain doubt concerning the power of Christ to deliver you from it. Meditate upon Christ and His justice.

*Thy righteous acts have been made manifest.—REV. 15:4.*

## WEDNESDAY, DECEMBER 4

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*I give up every thought of fear in order to claim my divine heritage of courage.*

HAVE YOU ever thought of yourself as you are in Truth—fearless and courageous? Do you think of yourself as you exist in the sight of God—free from all fear? When the thought of fear comes to you, do not let it rest in your mind. Let the truth of your courage alone abide there.

When you give up a thought of fear, you make room for a thought of courage. You exchange a "foreign" thought for Truth. Truth comes from God and bestows courage upon you. Fear comes from ignorance and has no place in Truth.

As you meditate upon the courage of Christ, you will find that He gives you courage. You will discover that your courage increases as you think of Christ, the source of courage. You will build up such a consciousness of courage that persons and things of the world will no longer have power to make you fearful. Not an atom of fear can lodge in your consciousness when it is filled with the truth of your courage. Your fearlessness will be forever established when you yourself are established in the Truth of Christ.

*God gave us not a spirit of fearfulness.—II TIM. 1:7.*

## THURSDAY, DECEMBER 5

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*The peace of Christ pervades my consciousness and makes me peaceful and harmonious.*

THE PRESENCE of Christ within you is the very presence of harmony. When you keep this in mind, you cannot entertain inharmonious thoughts. You cannot live in an inharmonious world when you are at peace with Christ in the midst of you. Your environment will take on the harmony of Christ when you are harmonized with Him in consciousness.

The peace of Christ is constant. Christ within you is not peaceful at one moment and then changed to inharmony by the state of things of the world about Him. He is not affected by adverse belief. His peace endures through all time, incognizant of the inharmony of the world. He knows only His own world of peace and harmony and ever directs man to live with Him in it.

Live this day in the consciousness that the peace of Christ within you extends to the very circumference of your world. No longer give power to inharmony. Think of yourself as abiding in Christ and His peace.

*Thou wilt keep him in perfect peace.—ISA. 26:3.*

## FRIDAY, DECEMBER 6

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*I turn from the noise of the external world  
to the silence of Christ within me.*

**W**HEN the world about you with its noise and confusion seems to disturb you, turn to the presence of Christ within you, the presence of perfect silence. When you find Christ, things of the world will no longer have power to disturb. You will cease to find mentally what you call "the ills of the world." The only way you master the world is by finding in the silence your power to master it.

Go away for a time from things of the world and lose yourself in the inner silence of your soul. Retreat to that inner sanctuary where you are given all power. Secrete yourself from the world that you may learn that inner wisdom that gives you power over the world. Go into the presence of Christ at the heart of your being for the purpose of finding in His silence your supremacy over the world about you.

Practicing the silence, entering into the power of silent prayer, will do much toward freeing you from the belief that things of the world can disturb you and toward establishing you in the power of Christ within you.

*Hide thyself for a little moment.—ISA. 26:20.*

## SATURDAY, DECEMBER 7

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*I now cause all my thoughts to conform to the mind of Christ.*

**W**E STUDY Truth so that we may have a pattern for our thinking. We try to make our thoughts conform and agree with the thoughts of Christ, thoughts of Truth. In order to do this we find that we must drop from mind thoughts about sin, evil, fear, hate, disease, and lack. We replace these with Truth thoughts, thoughts about good, wisdom, joy, love, health, and plenty.

Every time you think a thought contrary to the mind of Christ you allow yourself to be disloyal to Christ. If you think thoughts of hate, you are disloyal to His love. If you believe in disease, you keep His Truth about health out of your mind. If you entertain a thought of lack, you debar the truth about your supply from your mind. Do you see that in order to make your life come up to the right standard of Christ, you must make your every thought conform to Christ's teachings? You must look forward to the time when every evil thought will be overcome and the mind of Christ will rule in you supreme over all things.

With the mind, indeed, serve the law of God.—ROM. 7:25.

## SUNDAY, DECEMBER 8

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*I overcome every impure and unholy thought or desire through the influence of the purity of Christ.*

YOU MAY unconsciously be harboring impure thoughts that keep your good away from you, delay your healing, interfere with your success. An impure thought is an adulterated thought, one that lacks the fullness of Truth. Many persons are of the impression that the only impure thought is one tinged with some misconception about sex. They permit themselves to believe that any other thought is pure. We can readily see that if any thought falls short of Truth it is impure. If any desire falls short of a desire for the highest, it is an unholy desire.

When you make a compromise with some belief that is not in harmony with Truth, you adulterate your thought. If you entertain a desire that is tinged with dishonesty, such a desire is not a holy one. The adverse beliefs that you admit into your consciousness may develop in a way that you do not suspect and seriously interfere with your spiritual development. We must aim at holding only pure thoughts, thoughts based upon the purity of Truth.

*Ye have purified your souls in your obedience to the truth.—I PET. 1:22.*

## MONDAY, DECEMBER 9

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*The love of Christ in my heart is mighty to free from my world every unloving thought and action.*

LET THE LOVE of Christ so completely fill your mind and heart that there is no place for a recognition of unkindness and unloving acts. This love is within you and is yours for all time. It knows no opposition or defeat. It knows no power of hate, for such a power cannot exist in the consciousness of love.

The person who finds unloving situations to meet on every hand lacks a consciousness of love. He attracts unkindness because he has a consciousness of unkindness. He can change his experiences only through changing his consciousness to one of love. He needs to turn to Christ in order to be able to turn the power of love upon the situations of his world.

When you find that others are unloving in their reactions toward you, you may take this as a hint to fortify your consciousness with more love. You must get rid of every belief in unkindness and hate. You must see that the most subtle thought contrary to love is eradicated from your consciousness.

*The lovingkindness of Jehovah is from everlasting to everlasting.*—PSALMS 103:17.

## TUESDAY, DECEMBER 10

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*I know that in Truth God is the only god  
and the only law operating in my life.*

**D**O YOU think of yourself as under bondage to many laws? Do you believe that you are limited by so-called laws of disease and misfortune? Do you think of evil as ruling you through laws of adversity and ill luck?

In Truth God is the principle of Truth, the law of good. Truth recognizes no other god, no other law. If we take God as the law of our health, we cannot be affected by any of man's laws about disease. If we take God as the law of our supply, we cannot come under any law of misfortune. If we obey God as law, we shall be happy and successful in all our ways.

There are those who never have a happy moment, because they believe that some adverse law is affecting them. They are burdened by laws of misfortune, disease, and failure. They do not know God as the law of good and do not keep His law. They are so engrossed in thinking about and fearing many man-made laws that they fail to know and observe the one law of God. They fail to know that evil has no basis in principle.

*He that keepeth the law, happy is he.—PROV. 29:18.*

WEDNESDAY, DECEMBER 11

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*I give to God my responsibilities and He takes care of me and all my affairs.*

HAVE YOU learned the secret of getting rid of your worries and anxieties? Have you discovered that the responsibilities you thought were yours belong to God and that you worry only because you hug them to yourself? As long as you do not render to God that which is His, just so long will you be worried and anxious. If you think you have things to worry about, according to a certain law of psychology you will have the things and the worries.

When we give God our burdens, we give Him our permission to exchange our worries for His trust and assurance. We relieve ourselves of responsibilities when we give them to God in exchange for the good that He has waiting for us. We can see that when we hug worries and responsibilities to us we keep ourselves from receiving some rich blessing from God.

When we yield our responsibilities to God, we put ourselves in the position of letting Him work through us, directing us what to do.

*Cast thy burden upon Jehovah, and he will sustain thee.*—PSALMS 55:22.

## THURSDAY, DECEMBER 12

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*The joy of Christ within me ever inspires me to rise out of every discouragement and rejoice in Him.*

**D**ISCOURAGEMENT has ever been one of man's worst enemies, one that he produces himself to work against his own best interests. Every little thought of discouragement that he entertains becomes in time a Frankenstein with which he ultimately has to deal.

If you are easily discouraged, you may know that you have been building up a consciousness of discouragement. You have built up an adverse state of consciousness that works against your desire for happiness. You need now to build up a consciousness of joy so strong that it will eradicate the thoughts of discouragement from your mind. You must learn to rejoice that you can succeed. Rejoice in the knowledge that you have Christ within you. Find something every day that will cause you to rejoice.

Certainly you cannot allow yourself to be identified with sordid conditions and things that smother joy. Let Christ in you sing His song of happiness and victory. Rejoice in your power through Him to defeat every belief in discouragement.

*Awake and sing, ye that dwell in the dust.—ISA. 26:19.*

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# IN NAZARETH ·

*Jane C. Williams*

No word is written of those wondrous years,  
Their simple duties all unsung have gone;  
Of course there was the seasons' interplay;  
The noon, the night, the inevitable dawn.  
But could we re-create His little shop,  
Handle the things that He was wont to seek,  
Or view some wayside flower His eyes caressed,  
The very breath of heaven would fan our cheek.  
Still, what we know is much the better part:  
He drove a nail, He sawed, He planed a board  
With the same care, the same unfaltering love  
That later healed or fed the hungering horde.  
The Father's business that He sought to do  
Remains for each of us, and it would seem  
To be but rightness. Can it matter much  
Whether we preach or teach or lay a beam?  
Impatience, haste, inaccuracy, sloth,  
These fled before the precepts that He taught  
And lived: Oh, Nazareth, within thy bounds  
The miracle of work well done was wrought!

# BUSINESS IN



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## FRIDAY, DECEMBER 13

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*Christ in me is in His heaven and inspires me to high and heavenly thoughts.*

**A**S WE meditate upon the heaven of Christ, we discover that it is where Christ is: within us. We no longer think of heaven as in some distant place. We come to the realization that Christ is within us as a heavenly presence and that He inspires us to heavenly thoughts.

We no longer look to the future or into the distance for heaven. We find that heaven is not limited by man's concepts of time and space. We discover that the only limitation upon heaven is that which we place on it ourselves and that when we correct our thought about it we find ourselves in heaven.

Think of heaven as existing here and now. Know that it is centered within you but that it extends into your environment and penetrates your whole world. Learn to live in heaven. Let it become a reality to you. Turn often to Christ within you and live in His presence. Let the world take on a heavenly aspect through viewing it from the standpoint of heaven within you. See the so-called evils of the world replaced by the presence of Christ.

*The kingdom of heaven is at hand.*—MATT. 4:17.

## SATURDAY, DECEMBER 14

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*Christ lives in me and is my own inexhaustible life.*

THE PRESENCE of Christ within you is the very presence of life. When your thought is cleared of adverse and erroneous beliefs about life, you succeed in coming into the consciousness of inexhaustible life. In this consciousness you are no longer affected by limited beliefs about life. You find that your life is unlimited, inexhaustible, untiring.

Those who have great energy have found within themselves inexhaustible springs of life. They have discovered that they have within themselves that life which knows no depletion; it is eternal. They have found Christ as the source of their life and they have learned to live in Him, unaffected by things of the world that would seem to deplete and to exhaust them.

The life of Christ is ever within you, ever urging you to give it more expression, ever inspiring you to live more fully. As you increase in this consciousness you find that your life can be depended upon to meet every demand for life. You find that Christ within you supplies you with sufficient life.

*Christ liveth in me: and that life which I now live in the flesh I live in faith.*—GAL. 2:20.

## SUNDAY, DECEMBER 15

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*The forgiving Christ at the heart of my being promptly and thoroughly forgives every seeming wrong.*

EVER THINK of Christ as one who forgives and, in forgiving, releases the offender from all accusation. Think of Christ within you as unable to refuse forgiveness when it is sought with a contrite heart. Think of Christ as so loving in His forgiveness that He forgives promptly and thoroughly, blessing the one whom He forgives. His forgiving love always meets the need of the one who seeks thorough forgiveness.

Never try to place a limitation upon your forgiving another. Forgiveness must be spontaneous and complete. When we are conscious that Christ within us has prompted us to forgive, we do not forgive halfway. We do not attach provisos to our willingness to forgive. We put no obstacles in the way of the Christ.

Learn to keep your personal self and personal feelings out of the picture and let Christ within you do His forgiving work. You will not have difficulty in forgiving if you let Christ in you forgive.

*Whatsoever thou shalt loose on earth shall be loosed in heaven.—MATT. 16:19.*

## MONDAY, DECEMBER 16

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*The goodness of God now comes into manifestation as my own visible and tangible good.*

**D**OES EVIL appear to be uppermost in your life? Are you unable to find much of good? When good appears to be missing or when it seems to be manifested in your life in limited measure, you may know that you need to increase your consciousness of good. You need to cease believing in the reality, presence, and existence of evil in Truth. You must replace your belief in evil with faith in God, the good.

Evil appears as the outpicturing of man's belief in some opposite to God. Man fails to understand fully the omnipresence and omnipotence of God and, in his ignorance, believes that some rival to God shares in His everywhere-presence and all-powerfulness. He believes that evil sometimes wages war against the omnipotence of God. We can readily see that if God is omnipotent in Truth, evil is powerless. If God is omnipresent, God alone has the ability to exist to the exclusion of any claim of evil.

Live today in the realization that God alone is true. Cling to the truth of His omnipotence.

*Hold fast that which is good.—I THESS. 5:21.*

## TUESDAY, DECEMBER 17

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*The way of Christ is now revealed to me,  
and in it I find peace, health, and plenty.*

**A**RE YOU undecided about which path to take? Do two ways seem to lie before you? Do you hesitate about making a decision? If so, turn to the presence of Christ within you. Let Christ choose the better way for you. Let His decision direct you.

The way of Christ is the way of harmony, love, courage, joy, health, and success. When we go His way, when we are led by Christ, we find that our way is attended by His blessings. We cannot be deprived of the good He brings into our life when we let ourselves be directed into His path.

Many persons do not seem to know what to do, which path to take, what to decide. They let themselves get into a confused state of mind because they believe that in Truth there are many paths. They fail to realize that Christ knows but one way—the way of light, Truth, and love. They need to direct their thought to Christ and thus be directed to His blessings.

Christ is the way and the Way-Shower.

*He will teach us of his ways, and we will walk in his paths.*—ISA. 2:3.

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## WEDNESDAY, DECEMBER 18

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*The power of Christ within me renders powerless every claim of evil, adversity, and disease.*

TONDAY we are to meditate upon Christ and his omnipotence to the exclusion of every claim of a rival power. We are to realize the truth that Omnipotence has no competitor with which to share power. We are to know that in Truth Christ alone has all power, the power of the prevalence of all good.

When man finds himself in trouble, he may know that he believes in some power other than the power of Christ; if diseased, that something prevails in His life other than the power of health; if unhappy, that persons and things of the world have more power than the joy of Christ within him.

Those who are spoken of as being dual-minded believe in dual powers. They believe in Christ and in some power that limits Him. They believe in both health and disease, good and evil. Many Christians are inconsistent because while attesting the omnipotence of Christ they have not as yet arrived at the place where they believe in the powerlessness of evil.

*Let not any iniquity have dominion over me.—PSALMS 119:133.*

## THURSDAY, DECEMBER 19

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*The light of Christ within me enlightens my mind, illuminates my path, and reveals to me my highest good.*

**N**EVER think of yourself as ignorant or as in the dark mentally. Do not think of yourself as without the light of Truth. You have within you that which enlightens your mind and gives you perfect understanding. You have the light of Truth that enlightens and inspires.

Your whole life will be filled with the light of Christ when you have found Him within you as your light. You cannot lack wisdom when you discover that you have within you the wisdom of Christ. You cannot fail to know whatever you need to know when you find that within you is the information you seek, the direction that you need.

Your good cannot be hidden from you when you know that the light of Christ is ever revealing it to you. If you are seeking a new position, let this light discover it for you. Your hidden good will be uncovered when the light of Christ reveals it to you. Christ as your light will fill your whole world with light when you are conscious of His presence.

*While ye have the light, believe on the light, that ye may become sons of light.—JOHN 12:36.*

## AFFIRMATIONS USED BY SOCIETY OF SILENT UNITY

**December 20 to January 19**

### **Illumination**

*"He guideth me in the paths of righteousness for his name's sake."*

### **Healing**

*"Yea, though I walk through the valley  
of the shadow of death,  
I will fear no evil; for thou art with me;  
Thy rod and thy staff, they comfort me."*

### **Prosperity**

*"Jehovah is my shepherd; I shall not  
want . . .  
Thou preparest a table before me in the  
presence of mine enemies . . .  
My cup runneth over."*

FRIDAY, DECEMBER 20

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*The healing Christ within me now causes me to accept the truth of my own perfect health.*

YOUR NATURAL state in Truth is that of perfect health. When you are content with any condition short of this, you are living an unnatural and abnormal life. When you let your belief in disease overcome the truth about your health and submit to disease, you enter into a state of mind and body in which you shut out the healing work of Christ. You can see that when you do this, you are in a way working against Christ.

The healing presence of Christ within us engrosses our attention and we lose sight of our former belief in disease. We exchange the belief in disease for the truth of our health in Christ. This process causes the outpicturing of disease in our body to cease. The healing presence of Christ is then free to be manifested in our body as health.

When we accept Christ as our health, we leave no place in mind and body for disease to appear. We cannot be unhealthy when we accept Christ as our health.

*I will restore health unto thee, and I will heal thee of thy wounds, saith Jehovah.—JER. 30:17.*

## SATURDAY, DECEMBER 21

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*Prosperous ideas of Divine Mind now fill my mind and direct me into increased prosperity.*

OUR LINK with prosperity is made through our receiving prosperous ideas. In our mind these ideas replace formerly conceived ideas of lack and failure. We exchange former beliefs in lack for ideas that lead us into prosperity and success. We replace old beliefs in failure with the truth of prosperity.

We can accept God's promise of prosperity only by first accepting His ideas. Our mind must be prepared for prosperity. Every thought of lack must be dropped from our mind if we are to accept the full truth about our substance and supply.

Those who drop to the consciousness of lack do so through entertaining belief in lack. Their thoughts of lack link them to conditions of lack. They build a bridge back to prosperity only through their knowing the truth about prosperity and through holding to it in spite of all argument to the contrary. Their prosperous ideas link them to that which is theirs in the wealth of God. They accept prosperity when they accept prosperous ideas.

*Ye may prosper in all that ye do.—DEUT. 29:9.*

SUNDAY, DECEMBER 22

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*God is ever with me and I am ever identified with every good thing.*

OUR LESSON today will help us to think of ourselves not as identified with adversity and limitation but as unified with God. We are to meditate upon unity. We are to think of ourselves as unified with the Spirit of God within us and thereby unified with every good thing in the universe. We are to know that we are identified with whatever good we seek.

You become like that with which you identify yourself. If you identify yourself with God and Godlike things, you become Godlike in character. If you identify yourself with evil thought, you cause your character to become impregnated with evil. Your identification establishes the nature of your character.

"The Lord *is* with thee." In Truth you are ever one with Him, ever unified with His wisdom, peace, joy, love, health, and abundance. He is with you as your identification with all good. Through Him you are unified with whatever blessing you need or seek.

*Hail, thou that art highly favored, the Lord is with thee.*—LUKE 1:28.

## MONDAY, DECEMBER 23

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*Christ within me exalts me above every debasing thought, and I abide in His presence.*

**A**S WE enter the presence of Christ we are lifted above every debasing thought. We are no longer held back by any adverse belief. We no longer let ourselves be kept out of the presence of Christ. We are exalted to His presence because of the exalting thoughts we hold in mind. We know something of spiritual ecstasy because we live in the presence of Christ.

Spiritual exaltation comes when our mind is ready for it. We must rise above every hindering or debasing belief. We must cast from mind every thought that would be unfavorable to the presence of Christ. We must let our spiritual consciousness lift us to Him and abide in His presence.

When things seem to cast you down, let Christ lift you up. Be lifted up to His presence and abide in His high and ennobling thought. Live in the pure air of heaven. Your soul seeks spiritual atmosphere. There is that within you which ever inspires you to abide in heavenly blessings.

*Now will I arise, saith Jehovah; now will I lift up myself; now will I be exalted.—ISA. 33:10.*

## TUESDAY, DECEMBER 24

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*The Father gives abundantly, I receive thankfully, and give again generously.*

OUR AFFIRMATION for today is one that Silent Unity has often given to those who need to receive and to give. When we think of the thousands who have used this prayer and have been helped by it, it seems to come to us with their faith and blessings added to it. Meditating upon it, we come into a realization of how abundantly God gives to us and how thankfully we must receive His blessings. As we think about this, we feel that we open every channel that God's abundance may come to us unlimited, that we may be thankful for every good that comes to us from God.

Of course, the person who receives abundantly must give generously in order to comply with God's law of giving and receiving. We must give in order to keep our receiving channels open. We must give generously and place our blessing upon the gift in order to receive from God His generous gifts, gifts impregnated with His blessing. No gift should leave our hands without a prayer that the receiver through us may obtain a blessing from God. This is the way of spiritual giving, without which a gift is bare.

*What I have, that give I thee.—Acts 3:6.*

## WEDNESDAY, DECEMBER 25

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*My every thought is now turned to Christ  
in the midst of me, from whom my every  
blessing is derived.*

**T**ODAY our thought is directed toward Christ within us. He is our hope, our deliverer, our Savior from all bondage. Meditating upon Him, we grow like unto Him. Meditating upon His goodness, we participate in it. Drawing near to Him, we feel that He draws near to us. Yet all the time He is a part of us and we of Him.

Christ in you is that within you which is Godlike and divine. Without Christ you would be but animal or mineral. Without Him you would be too savage to know the love of God or to feel His light within you. You are but another Christ. He but awaits your recognition in order to fill your life completely. He increases as you decrease your belief in separation from Him.

Christ in you is that fullness of the consciousness of God which you will ultimately enjoy. Jesus had this perfect consciousness of His Christ nature. He came into perfect understanding of the prevalence of His divine nature over that which appeared to be human.

*Christ in you, the hope of glory.—COL. 1:27.*

## THURSDAY, DECEMBER 26

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*I cannot experience mental or physical tension or strain, because I place myself and all my affairs in the keeping of God.*

**R**ELAXATION from tension comes through relieving our mind of thoughts that produce tension. Thoughts of worry, resistance, fear, and combativeness should not be entertained if we hope to be free from mental and physical strain. If we allow these thoughts to fill our mind, we need not be surprised when they are expressed as tension and strain in our body.

The best way to get rid of tension-producing thoughts is to let them be overcome by thoughts that neutralize them. Thoughts of peace and trust will do this. Placing ourselves and our affairs in God's hands will relieve us of the responsibility that often causes tension. Letting God bear on His own shoulders the load that is too heavy for us will help relieve us of mental and physical strain.

You will find yourself relieved of tension when you put your whole trust in God. Trusting Him will occupy your mind to the exclusion of all thought of strain. You cannot trust God and at the same time be tense.

*The government shall be upon his shoulder.—ISA. 9:6.*

## FRIDAY, DECEMBER 27

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*As I pray I enter into the realization that I am one with Christ and all His blessings.*

**W**HEN WE pray, we should enter into the consciousness of our oneness with Christ. In prayer we are to become so entirely one with Him that we identify ourselves with all that He is and has. Through prayer we are to unify ourselves with Him so completely that when we leave the silence we shall carry His presence with us.

Prayer enables man to come into the realization of his blessings in Christ. Man is not to beg God for an answer to prayer but simply enter the high realization in which he has faith in answered prayer. He is to know that God's goodness is never withheld from him. Prayer is a method of clearing doubt from his mind and of establishing himself in the realization that the good he desires and seeks is already his.

Prayer reveals to us our interrelation with God. We find that we are so closely related to Him and His treasures that all former beliefs in separation are overcome. We participate in His goodness, knowing that whatever He has is ours to enjoy without stint or limitation. When we can do this through prayer, we are certain to believe in availing prayer.

*The prayer of faith shall save him.—JAMES 5:15.*

## SATURDAY, DECEMBER 28

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*My body is the temple of the living God,  
and His presence keeps it perfect and  
healthy.*

**W**E SHOULD not think of the body as something material but should realize that it is the temple of God, filled with His presence. We are to redeem it from the stamp of materiality we have placed upon it and realize that God's presence within it causes its spiritual nature to be revealed to us.

Were we always to think of the body as material, subject to physical decay, prone to disease, there would be no way for it to be redeemed from disintegration and disease. When we realize that it is God's temple, we see it as it stands in Truth, the habitation of God, the expression of His life.

We should bless the body just as we bless everything that is God's. Our blessing helps to redeem it from any adverse thought we have had about it. Our blessing reveals to us its perfection in God and we behold it as it exists in His sight, perfect and whole. We see its spiritual nature and cause that which is of Spirit to come forth into manifestation.

*The temple of God is holy, and such are ye.—I COR. 3:17.*

## SUNDAY, DECEMBER 29

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*I realize that the blessings of God are mine here and now.*

**W**HEN YOU pray, when do you expect the answer to come? Do you think of your answer as limited by time? Do you believe that certain negative conditions in your life will slow down the coming of the answer? Do you think that God is limited by man's limited ideas about time?

You must realize that prayer and answer are one in Truth. There can be no separation between your desire and its fulfillment, between you and God. Your need creates a vacuum toward which rushes the omnipresent substance of God. You can see that your prayer is an anticipation of the good that is coming to you. Your desire is but a forewarning that God is sending a blessing to you.

Enter into the prayerful realization that you are one with God, unified with His blessings. Let no mortal thought cause you to believe that something can prevent or delay the coming of the answer to your prayer. Become aware that in unifying yourself with God you identify yourself with all that He has. When you are conscious of God's presence, you must be conscious of His realm of substance.

*All things are now ready.—LUKE 14:17.*

## MONDAY, DECEMBER 30

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*In the stillness of Christ within me I find perfect quiet.*

THE WORLD about us is confusing and disturbing only to those who have not learned to turn to the presence of Christ within them and there find His Spirit of quietness. Things of the world cannot disturb those who have learned to live in this stillness. The world cannot confuse those who practice the silence and live strengthened by silent prayer.

The stillness of Christ within us should be an admonition to us to be still. We must quiet all fretting and still all restlessness if we would find Christ. On the other hand, we must find Christ if we would be master of our restlessness. We must live in Christ if we would derive from Him the power that His stillness conveys to our soul and spirit.

Quietness has always been the friend of the Christian mystic. This quietness he finds in the presence of Christ within him, the spiritual force that is mighty to still troubled waters and calm feverish brows. He finds in Christ that which will quiet warring elements when worldly forces would but aggravate them.

*Take heed, and be quiet.—ISA. 7:4.*

## TUESDAY, DECEMBER 31

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*The baptism of Christ has now purified and cleansed me of every unholy thought and desire.*

**W**HEN we enter the presence of Christ, a great purification takes place. We feel ourselves letting go of every un-Christlike thought. We know that we cannot harbor thoughts of ill will toward others and hope to merit a place in Christ's presence. We realize that we must let go of every unrighteous belief in order to live in Christ.

The great baptism takes place when we are in the right state of consciousness for it. We must be ready to be washed whiter than snow. We must be willing to let the waters of heaven lave us. We need to step into the current of Christ's love and be washed clean of all unholiness.

The mystical baptism of Christ is that which clears us in mind and in body and causes us to appear before His presence as we exist in Truth—clean and spotless. But one thing is required of us: we must be willing to relinquish from mind every unholy thought, every tendency to cling to secret sins.

*Ye shall be baptized in the Holy Spirit—ACTS 1:5.*

(Bible quotations, unless otherwise credited, are taken from the American Standard Version of the Bible, copyright, 1929, by the International Council of Religious Education.)



# Christmas Suggestions



## MIGHTIER THAN CIRCUMSTANCE



by the editor of **Unity Daily Word** is just the book for a number of your friends. It contains many of the articles and poems that you have enjoyed in this magazine during the last three years. **Mightier than Circumstance** comes in cloth binding, priced at \$1; in flexible, at \$2.



*F. B. Whitney is also the author of Open Doors, an inspirational type of book, which comes in both the \$1 and \$2 binding, and Beginning Again, a booklet priced at 25 cents.*



**PROGRESS** is progressing. With the Christmas number it is to be increased in size to 8½ by 11½ inches; it is to have a new cover design; and the inside arrangement is to be changed so that the pages will be more open and readable. In December there will be an interview with H. Emilie Cady, author of the popular **Lessons in Truth**, description of a candlelight service, and many other good things. It will be a real holiday number. Any of your friends would like a subscription for **Progress**. It costs \$1 a year.



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# Christmas Suggestions

*Let us mail your Christmas packages direct to your friends. We make no extra charge for this service.*



If you have a friend whom you would like to interest in Truth, send him **Weekly Unity**. It is always simple and practical. The price of fifty-two issues is \$1.



## SPECIAL CHRISTMAS OFFERS

(These cash offers good only till December 10.)

**\$1.85**—Any Unity magazine (new subscription) and any \$1 book—both for \$1.85—sent to two addresses, if you like.  
**\$2.00**—Any Unity magazine (new subscription) and any \$1 book plus any 25 cent booklet—all for \$2—sent to three addresses, if you like.

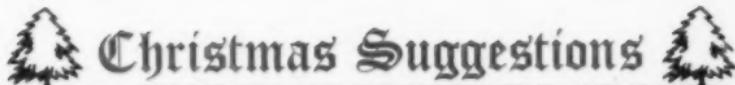
Your choice of booklet must accompany order for magazine and book. Please name your second choice in case we run out of any booklet. Our 25 cent booklets are DIRECTIONS FOR BEGINNERS, FINDING THE CHRIST, BEGINNING AGAIN, METHODS OF MEDITATION, OUT FROM THE HEART, and THROUGH THE GATE OF GOOD.



An advertising executive recently showed us a battered copy of **Good Business**. He said: "I had reached the bottom when I bought this copy from a newsstand." He went on to say that he wished every business man could have it. Give **Good Business** to your friends for Christmas.

A year's subscription, \$1.





# Christmas Suggestions

*As you are a reader of Unity Daily Word, we need only suggest, if you like it and it has helped you, that you send it to your friends for Christmas.*



## SPECIAL OFFER

**6**  
**\$5.00**

Any 6 of our Regular \$1 Books

**FOR \$5**

(Good until December 10)

This offer comprises the following books: **Adventures in Prosperity**, **All Things Made New**, **Christian Healing**, **Lessons in Truth**, **Lovingly in the Hands of the Father**, **Master Class Lessons**, **Mightier than Circumstance**, **Miscellaneous Writings**, **Open Doors**, **Truth Ideas of an M. D.**, **Talks on Truth**, **The Twelve Powers of Man**, **Working with God**, **Usable Truth**, and **What Are You?**



*All the books above listed except the first two and the last one come in lovely flexible binding, priced at \$2 a copy, and they make greatly prized Christmas gifts.*



We found this little squib in a trade journal: "One of our office staff took a copy of **Wee Wisdom** home to his son, aged six. He came in the next morning all worn out. His small son had demanded that he read **Wee Wisdom** to him from cover to cover, not once but three



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## Christmas Suggestions



times. If it was a little hard on this particular parent, it certainly is an indication of the fact that his son delighted in the magazine." **Wee Wisdom** is being enlarged and improved with the December issue. Send it to every child on your Christmas list. The subscription price is \$1 a year.



*We mail attractive Christmas cards announcing  
your gifts.*



For one who is already a Truth student **Unity** magazine would be just the right gift. It is our oldest publication and the only one for which Charles Fillmore writes regularly. The price is \$1 a year.



Have you ordered your supply of Christmas booklets? Try them this year in place of cards. You will like them because they not only carry your good wishes to a friend but also bring him an inspiring message of Truth—a message that any one can enjoy regardless of his religious views. Greeting booklets have become so popular that we now have five to offer you: **Twenty-Four Golden Hours**, **Holy Bread**, **The Song of Life**, **Where Blessings Begin**, and **Where I Am King**. Each has an attractive cover, and a specially designed Christmas envelope is included free. Yet they cost only \$1 for twenty copies (in smaller lots, 10 cents each).

UNITY SCHOOL OF CHRISTIANITY  
917 Tracy, Kansas City, Mo.



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## HEADLINES

*By GRACE NOLL CROWELL*

They shout of murder, lust, and crime,  
They shriek of scandal and divorce,  
Yet even then, yes, all the time,  
Along life's sheltered, even course  
The good and gentle take their way  
And cleanliness walks, a thing apart,  
And quietly by night and day  
A fineness reigns in many a heart.

Beneath a million little roofs  
Live daily sacrifice and love,  
And there are many shining proofs  
Where heroes are not spoken of.  
High courage, faith, and bravery  
Are things the world will never lose:  
How beautiful if these could be  
The headlines in our daily news.

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